



12 weeks to go

Hi All

OK – just 12 weeks to go now until L2L 2010 !

We have had a solid influx of entries to date and with just over a month to go until standard entries close, it's time for those of you yet to enter to now put finger to keyboard.

At the sharp end of the field the competition is heating up with an entry from Aussie adventure racing and multisport champion Jarad Kohlar. Jarad will be determined to prevent Richard Ussher from taking a hat-trick of L2L wins so the trans Tasman rivalry will be all go come November 19<sup>th</sup>.

In the Ladies category, Louise Mark and Sia Svendsen are confirmed along with two time winner Elina Ussher. Louise pushed Elina hard in the early stages of last year's event while Sia had a totally forgettable experience with bike crashes / missing gear and will be looking for a lot less drama this year.

We also have a lot of first time competitors entering to join the returning competitors, particularly in the teams categories.

Right now your biggest focus will no doubt be training. We are pleased to advise that Physiotherapist Storm Baynes-Ryan has joined the L2L team and will be providing a series of articles on the website starting this week, to assist with injury management and prevention advice in the event build-up period.

Storm will also be available on event to assist with strapping. The next newsletter will be an introduction from Storm.

Once again we will be making the private land stages available for recce over Labour weekend. These are Stage 5, MTB and Stage 8, Run. Actual times and days to be advised.

Thanks to all those who have sent in your paperwork. If you have yet to do so, please do it now... I know it's a pain, but it's only there for your benefit ! Doing it now will save hold-ups at registration.

Happy training !

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